



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...Dengue

What is dengue?

Dengue is a disease caused by any 1 of 4 viruses (DENV 1, DENV 2, DENV 3, or DENV 4). These viruses are spread to humans by the bite of a mosquito. There may be over 100 million cases of dengue worldwide each year.

The *Aedes aegypti* mosquito is the most important vector of dengue viruses; it does not currently live in Indiana. The *Aedes albopictus* mosquito can also spread the viruses and DOES live in the southern two-thirds of Indiana.

What are the symptoms of dengue?

The symptoms of dengue fever are:

- high fever,
- severe headache,
- severe pain behind the eyes,
- joint pain,
- muscle and bone pain,
- rash,
- mild bleeding (bleeding from the nose or gums and/or easy bruising).

Young children and those with their first dengue infection have a milder illness than older children and adults.

People with dengue hemorrhagic fever (DHF) have a fever that lasts from 2 to 7 days, with general signs and symptoms consistent with dengue fever. When the fever goes away, the sick person may have vomiting, severe stomach pain, and trouble breathing. The patient may have bleeding problems like bruising, easily bleeding from the nose or gums, and possibly internal bleeding.

How is dengue spread?

Dengue is spread to people by the bite of an *Aedes* mosquito has 1 of the 4 dengue viruses. Dengue cannot be spread directly from person to person.

Who is at risk for dengue?

People who travel or live in areas where the vector mosquitoes live are at risk for catching dengue. This includes most tropical urban areas of the world. Dengue viruses may be brought into areas by people who travel and become infected.

How is dengue treated?

People who think they have dengue should use pain relievers that do NOT contain aspirin. They should also rest, drink plenty of fluids, and call a doctor. If they feel worse (start vomiting or have severe stomach pain) in the first 24 hours after the fever ends, they should go at once to the hospital.

How is dengue prevented?

There is no vaccine for dengue. The best way to avoid getting dengue is to avoid mosquito bites.

- Avoid being outdoors during the hours of late afternoon and dusk to dawn and early morning, when mosquitoes are most active;
- Avoid high grass and brushy areas;
- Take personal protective measures
 - Wear long sleeves and long trousers with cuffs stuffed inside top of socks to cover skin for mosquitoes to bite
 - Use an insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus on clothing and exposed skin
- Make changes outside your home to reduce places for mosquitoes to breed;
 - Clean gutters and empty water-holding containers such as buckets, tires, birdbaths, wading pool, and flower pots
 - Cut weeds and brush from your yard

All information presented is intended for public use. For more information, please refer to: <http://www.cdc.gov/Dengue/>

This page was last reviewed July 1, 2014.